

CHILDREN'S DEPARTMENT

IN CHARGE OF
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THE FEEDING OF CHILDREN

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(Concluded)

FEEDING OF SICK CHILDREN.

THE prevention of disease occupies the attention of the medical profession to-day, and it should be the aim of the mother or nurse in feeding children. It is very much easier to prevent an attack of colitis or dysentery in a child by not giving it green apples than it is to cure the attack even by the most approved methods of infant feeding. Green or over-ripe fruit is very liable to cause trouble to a young child, and most children up to eighteen months of age are better off without whole raw fruit, even if just ripe. The juice is allowable, but not the fibre. A child's lunch at school should not consist of rich fruit-cake or mince-pie. This may seem a foolish warning, yet one sees children have that kind of a lunch. Ham, sausage, pork, raw vegetables, griddlecakes, pies, tarts, salads, and preserves should not be given to young children. An occasional piece of plain candy or sugar will do no harm, but they should not be given as a general rule.

A large percentage of the sickness of children is intestinal, and even when the disease is not of that nature at the start, it is very liable to be complicated by some form of stomach or intestinal derangement unless great care in feeding is used.

On general principles, when a child is taken sick with any acute disease accompanied by fever the first things to be done are, to put the child to bed, give a cathartic,—either calomel or castor-oil,—reduce the amount of food, and give plenty of water. When an adult is sick, he would not think of eating his usual heavy dinner, and no more should an infant be given its regular milk. The child is thirsty and needs water, not food. Children under a year who are breast-fed may have their food reduced by cutting down the length of time allowed for each nursing, or by nursing from only one breast. Water should be given from a spoon or bottle. Children on bottles should have their usual

milk, whether it is a home or laboratory modification, diluted one-half with water. Plain water should be given between the hours for feeding. In young children, especially when intestinal trouble is suspected, it is better to give no milk at all for twenty-four hours, using simply water, barley-water, or egg albumin. At any rate, the child should not be given anything to eat oftener than every two hours.

Older children who are having, besides their milk, some other simple articles of food should be given milk diluted one-third with water, Vichy, or Apollinaris, and still older children on general diet should be put upon milk diet. If the child tires of milk, it may be necessary to give other things, such as broth, thin gruels, and lemonade, with the whites of eggs. In some cases milk is not retained even if considerably diluted. Then it is necessary to fall back on either peptonized milk or egg albumin. Children will often retain these when everything else is vomited. In order to get good results from peptonized milk, it must be really peptonized. The warm (100°) milk should be mixed with the peptonizing powder (ext. pancreatis, gr. v.; soda bicarb., gr. xv.), put into a clean glass jar, and then it should be allowed to stand in water at temperature of 100° on the back of the stove for one or two hours.

The milk should be bitter, and it is often slightly curdled—a part of the digestive process which does not harm the milk.

It should then be boiled five minutes, rapidly cooled, and put on ice.

Expensive food is not necessarily nutritious food, and when two articles contain about the same amount of nourishment, it is economy to buy the cheaper, provided, of course, it is as appetizing, as easily digested, and fulfils as well the needs of the organism. Animal foods are, as a rule, expensive, but must be given or the child becomes anæmic.

The United States Department of Agriculture gives the following amounts of nutritive material that can be purchased for twenty-five cents. The fuel value is calculated in calories:

Food.	Cost per pound.	Protein.	Calories obtained for 25 cents.
	Cents.	Pounds.	
Sirloin } Beef	22.	.17	1,120
Round }	18.	.19	1,180
Chicken.....	22.	.17	400
Salt cod.....	8.	.50	970
Haddock.....	8.	.26	525
Oysters, 50 cents a quart.....	25.	.06	230
Eggs, 25 cents a dozen.....	18.2	.17	910
Milk, 6 cents a quart.....	3.	.30	2,675
Potatoes, 50 cents a bushel.....	.83	.54	9,570
Turnips.....	2.	.11	1,630
Oatmeal.....	5.	.76	9,275
Wheat flour.....	3.5	.79	11,755
Corn meal.....	3.	.77	13,720